

# Ombersley Physiotherapy

Face to face consultations during the covid-19 pandemic.

## Standard operating procedure

### Initial patient contact for treatment

Discussion and the offer of remote consultation to take place.

Physiotherapists should try to advise the patient to help manage their symptoms remotely first before offering a face to face appointment.

Telephone screening for covid-19 symptoms to be completed and documented prior to any appointment.

If a face to face appointment is being considered the therapist must check that the patient does not have any symptoms or has been in recent contact with anyone with symptoms or in a high risk environment.

(This is also reviewed 2 days prior to all appointments with a covid-19 screening survey e-mailed out to patients and checked before the face to face appointment)

Risk factors for face to face treatment discussed and documented.

The therapist should discuss the potential risks of attending a face to face appointment.

This should include ascertaining if the patient is in a high risk category.

Education on the mode of transmission of Covid-19.

Also the steps we are taking to minimise the risk of spread.

This information is also included in the initial consent form\_e-mailed out to all patients.

Physio to book own appointments ensuring 15-30 minutes spacing between appointments for cleaning.

This enables time management for minimising patient to patient contact, airing the room and disinfecting. It also ensures that no patients get booked in without the above screening.

Patients to be informed at this stage to expect an email which includes a written Covid-19 screen and needs returning at least 24hrs prior to their appointment. Inform patients of procedure when arriving at clinic (this is also in the e-mail). Patient must be made aware that if they have any suspicions of Covid-19 they must cancel their appointment and self-isolate – they will not be charged.

### Prior to face to face contact

## Check screening forms

To be done day before appointment. If any concerns are raised about on the screening forms the patient must be telephoned to discuss cancelling the appointment and self isolating.

In the event that a form is not returned 24hrs prior to the appointment, the patients will need to be telephoned to go through it over the phone.

## **Face to face appointment - clinic**

### Arrival of physio in clinic

Sanitise hands on entrance to building

Change into uniform or scrubs

Open windows and prop open any non-fire doors.

Disinfect stair rails, chairs, plinth, pillows, desk, door handles and taps.

Wash / sanitise hands.

Check all patients booked into clinic have returned screening forms.

Ensure that GP surgery is aware of the days clinic list (print day sheet).

Prior to first patient put on single use apron and 2R face mask.

### Arrival of patient in clinic

If possible open door for the patient to minimise their surface contact.

If patient has arrived in gloves, request their removal and to wash hands in clinic sink or sanitise.

Offer patient a clean 2R surgical mask if they are wearing a fabric face covering or old surgical mask.

If patient is vulnerable or working close to patients face a visor may be added to PPE.

### Subjective assessment

This can be performed with patient in chair next to the door for maximum distancing.

### Objective assessment

Put on single use gloves at the start of any potential contact in the session.

### Hands on Treatment

To be performed in full PPE as above – apron, gloves and R2 mask (+/- visor).

Try to minimise time in close contact to patient's head if there is a choice of treatment positions.

### Discussion on need for further face to face or remote follow up.

After each session evaluate if further face to face is necessary with the patient.

Ensure patient knows to contact us if they are unwell or develop covid.

Open all doors for patient on the way out.

### Turn over between patients

Remove single use gloves and apron in the clinical waste bin provided (yellow bag).

Open window if it was shut for treatment and prop clinic room door open.

Systematically disinfect every surface that has had patient contact (including the toilet if it has been used)

### Physio leaving clinic

Check that all diary entries have been entered and notes completed including documentation of PPE worn.

At the end of the day clean all surfaces as per cleaning schedule.

Ensure the windows are shut.

Wash hands

Change back into normal clothes.

## **In the event of a patient or therapist being diagnosed as covid-19 +ive**

Follow procedures from contact tracers – the advice changes quite regularly but can be found on the government website. At the time of writing, health care professionals in PPE are exempt from track and trace. Legally, we can continue working in the case a patient testing positive. If a physio tests positive, if PPE has been adhered to strictly, the exemption from track and trace is still valid. However, from a moral stance the physio may decide to inform their patients.

Patients have already been made aware in the consent form that the NHS contact tracers override our previous GDPR, and that should a situation arise where contacts are necessary we will need to hand out patient's name and contact details.